

P R E F A C E.

MINERAL waters have always been much esteemed, and generally looked upon as a certain resource in the major part of chronic diseases. Indeed we have only to cast our eyes on the books which treat of these disorders, to see that both ancients and moderns unanimously agree in praising the efficacy of these salutary fountains, and in strongly recommending the use of them: but although these medicinal springs have been highly esteemed, and enjoyed a very great reputation ever since the commencement of physic, though their use has been extensive, and their cures numerous, it must nevertheless be acknowledged that they were not anciently employed

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with so brilliant a success as we have the satisfaction of seeing them produce in our own days. The present flourishing state of the study of physic, chymistry, and medicine, added to the many ingenious discoveries that a laudable emulation daily produces, have dissipated the darkness which concealed from our eyes the true value of these healing and salutary springs; so that we may boldly assert, that these mineral waters have never been better known, or better administered, than in the happy age in which we now live. 'Tis to contribute as much as in our power to the perfection of a knowledge so advantageous to mankind, that we here present to the public our thoughts, particularly on the waters of Balaruc, which have been, for many years, the subject of our most serious consideration: but before entering into a particular detail of the virtues of these thermale waters, it will not be foreign to our purpose to relate here, in favour of certain persons, some preliminary notions on mineral waters in general; which will not a little contribute to enlighten what we shall have occasion to say on the subject
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of those we have particularly in view ; and of which we will treat as succinctly as possible, without, however, omitting any thing that may be essential, or necessary to give a sufficient knowledge of the nature, or the properties, of these salutary waters, as well as the manner of using them, agreeable to the different disorders for which they are required.

Properly speaking, we only comprehend under the name of mineral waters, those in which, by a chymical process, we discover spirituous, sulphurous, saline, or metallic substances ; but to take the name of mineral waters in the most general and extensive sense, we should give it to all waters which are found naturally charged with heterogeneous substances, and which they have dissolved in the bowels of the earth : now there are few or none but contain a little earth, or selenite ; but as custom does not permit us to call these by the name of mineral waters, we shall content ourselves to call them, when they contain only a sensible quantity, by the names of hard or selenitous waters.

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The sea waters themselves are not in general reckoned among the mineral waters, though they may notwithstanding be looked on as such, since they contain, without reckoning the earthy and selenitous particles with which they are charged, a great quantity of different mineral salts; which is the cause of their being often applied, with great success, in the practice of medicine, as well as those properly called mineral waters.

It is well known the latter charge themselves with their primordial principles in passing through earths which contain different kinds of salts, or pyritous substances, which they find in a state of dissolution; these principles, differently combined with the waters, and constituting their essential mineral quality, may be reduced to the following, 1st. To certain fixed bodies, such as different kinds of salt, viz. marine salt; glauber salt; sea salt with an earthy basis; Epsom salt; vitriol of mars; iron; alum; absorbant earths; and selenite. 2d. To some volatile substances, such as sulphur, bitumen, and air; and these
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are nearly all the principles that a chymical analysis has hitherto been able to discover in the mineral waters which have been submitted to its examination ; perhaps it is not necessary to mention that all these substances do not meet together in every sort of mineral water ; but some in one kind, and some in another, in greater or lesser quantity, according to the principles they have imbibed.

We shall not at present attempt to disclose the means that powerful and industrious nature puts in practice for operating the combination and intimate union of these mineral substances with the waters ; and upon which many celebrated chymists have built different theories, as learned, as subtle and ingenious ; to enter into a detail of which would lead us too far from our present purpose ; and to which we refer those who wish to fathom the secrets of nature, and to deliver themselves up to obscure and embarrassing, not to say, fruitless, researches. As to ourselves, we do not propose writing a complete treatise on mineral waters in general, for we have no other de-
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sign than to deliver our thoughts on the peculiarities of the waters of Balaruc ; willingly omitting such researches as serve only to retard the progress of medicine, in order to employ ourselves wholly on the waters which are the subject of this work.

At once, then, quitting the former, and leaving ingenious researches to those who delight in abstruse discoveries, we shall immediately enter on the waters of Balaruc ; as a thorough knowledge of their virtues, added to a happy application, have proved so salutary to those who have been under the disagreeable necessity of having recourse to them.

It is well known that mineral waters are generally divided into *cold* and *hot* ; of the latter sort, which are still called *Thermales*, are our waters of Balaruc ; which we shall consider, in order to be more methodical, under five different heads. Under the first we will shew their origin, and the most certain times of their discovery. Under the second we will treat of their nature and analysis. Under the
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third we will take notice of their virtues and medicinal qualities. Under the fourth we will describe the most convenient *forms and methods* of applying them, with success, in the various disorders for which they are supposed to be a radical cure. And lastly, under the fifth we will relate, for the satisfaction of the public, some observations on the wonderful cures recently performed by the use of these waters.

CHAP. I.

(8)

A

TREATISE

ON THE

MINERAL WATERS

OF

BALARUC, &c.

CHAPTER I.

*Of the Origin and Discovery of the Waters of
Balaruc.*

THE waters of Balaruc, Aquæ Belilucanæ,
from the Latin word Belilucum which
the French have translated into that of Balaruc,
are situated about 20 miles from Montpellier,

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in the province of Languedoc, towards the western part of that city, upon the great sea Lake of Tau, famous for the wonderful junction of the two seas, the Great Ocean with the Mediterranean, by means of the royal canal of Languedoc, which by one of its extremities is joined to this great sea Lake, so well known by the excellent fish which are taken there in great abundance: the situation of the village is low, but the little hill where the source of the baths rise, called Piock d'Aix, commands a very fine prospect.

It is certain that these Thermale waters have been well-known, and in great reputation, ever since the time of the Romans, some of whom dwelt there, as we may be convinced by the Roman inscriptions which are still to be seen on the old houses, and other ancient edifices; by a vast number of sepulchral urns which are found buried in the earth, on digging near the source; (1) by a number of curious
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(1) There is to be seen at Count de Bernis', among several others lately discovered, a most beautiful and curious alabaster.

medals, and ancient coins, of which *Monf. de Vaugelas*, the worthy major of the town of *Cette* (a gentleman well-versed in Roman antiquities, and natural history,) has made a very fine collection; and last summer, 1783, in digging a well in the garden belonging to the bath house, a very curious Mercury, in bronze, about three feet high, quite complete, was found; and is now in the possession of *Monf. Vichet*, proprietor of the baths. And finally, by many foundations, and very considerable remains of ancient edifices, which are to be seen all along the side of the Lake, in the vicinity of the source of *Balaruc*; these foundations are so solid, and the cement so hard, that 'tis with difficulty they are able to break them with hammers. Near these ruins they discover glais of different colours; and some small pieces of Mosaic work, which in those days formed the pavement of their dwelling-houses. Besides *Monf. Dortoman*, professor of medicine, in the university of *Montpellier*, who wrote in the 16th century, under the reign of *Henry the 3d of France*, in the year 1579, says, that these thermale waters had

had been celebrated for their healing virtues many ages before his time, and very much frequented, as were all those of the Romans ; but the abuse that these ancient people made of daily using them, without making any distinction of diseases, age, sex, or constitution, &c. caused their being neglected and abandoned for a long time ; even until they were observed anew, re-established, and their virtues, published, in the year 1568, by William de Chaume, lord of the district of Poussan, a large borough town, about three quarters of a league from Balaruc, and towards the north side of the said borough. This noble lord, continues the said writer, full of humanity, zeal, and kindness for his vassals, was pleased to make his discovery known to them ; and not only to them, but even to the kingdom at large ; and afterwards to all Europe ; but first he thought proper to consult William Rondelet, the celebrated chancellor of the medical university of Montpellier, with whom he was very intimate ; that gentleman having been informed of the wonderful properties of the waters of Balaruc, which
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had till then been neglected, and forgotten, only, perhaps, because their source had been deranged, and the building which contained the baths overturned, and totally destroyed by some volcano; or, rather, by the incursions of the Barbarians, who in those times of savage ignorance frequently laid waste the whole of that country; for the baths were formerly much higher than they are at present, and nearer the little hill (vulgarly called Pioch d'Aix) from whence it is generally believed this source is derived; the pit which formerly served as the basin of the fountain, is still visible, as well as the mouth of an antient aqueduct which carried the waters into the Lake. 'Tis in the middle, and round about this hollow part, that we still see the foundations and ruins of the antient baths; these, added to the different species of lava, a number of fragments of utensils of various kinds, which have been found buried in the earth, in digging ditches of different depths, and other things of the like nature, combined with the heat of the mineral waters, give room to suspect

suspect the ancient existence of the volcanos before mentioned,

But to return to our history of the re-establishment of the said baths ; we have already said, that Mons. Rondelet having informed Mons. de Chaume of the virtues of the waters of Balaruc, that illustrious nobleman, by the advice of the learned chancellor, was willing to make trial of their effects upon himself, for which purpose he went there twice a year, for a considerable time, being severely afflicted with an acute pain in one of his thighs ; which the author, from whom we have borrowed this anecdote, does not particularly specify ; but if we may judge of it by what he afterwards says, it was probably the sciatic pain. Our author says, that this noble lord having been radically cured by the frequent use of the waters of Balaruc, conceived such an esteem, and was penetrated with so lively a gratitude for the good they had done him, that he not only thought himself obliged to publish their efficacy by word of mouth, but also by writing, in order to draw

draw people from all parts to these thermale waters, as to a second pool of Bethsaida, where the sick and lame were perfectly cured : and, the author adds, that four years were hardly elapsed, when an immense concourse of people, from all parts, came there, twice a year, for the benefit of the waters, without distinction of disorders, constitution, age, way of living, sex, or climate, &c. it was much to be feared, that these waters, become so famous by their healing virtues, and so well-known by the publication of Mons. de Chaume, would at length lose their reputation, and fall again into discredit, by the daily abuse that people made of them : (1) which probably might have happened again, had not the knowledge of the healing art, by its rapid progress, and new discoveries, put a stop to so irregular and pernicious a custom ; and by making the virtues of the waters better understood, taught the people to use them in a manner more suitable to their different maladies ; by
which

(1) The Latin lines want no translation, as they are in substance spoke of above.

which means they are now become, (in the hands of skilful physicians,) one of the most efficacious succours that medicine possesses; and they have been known to produce salutary and surprising effects, in a thousand dreadful and almost desperate cases: my constant residence on the spot has given me many opportunities of observing their wonderful effects. We flatter ourselves with again having the satisfaction of being ocular witnesses of the wonders which will never cease to be performed by the use of these inestimable waters; and our confidence is so much the greater, because the inheritance of this health giving source, has lately passed into the hands of proprietors who are as zealous as possible to procure every convenience the sick can desire: the states general of the province, for the accommodation of the unfortunate, have made a royal road, which joins the great road from Montpellier to Toulouse, so that carriages may now go to the baths of Balaruc with the greatest facility.

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After having related what we think most probable, and best authenticated, on the first origin of the waters of Balaruc, their antiquity, and re-establishment; we are now to treat of their nature and analysis, following the order we proposed in the division of this work.

CHAPTER II.

Of the Nature and Analysis of the Waters of Balaruc.

NOTWITHSTANDING the efforts made by a number of able chymists, and the pains they have taken to discover exactly the nature and proportions of the principles, which enter into the composition of those mineral waters, it appears they are still very far from

from having arrived at any degree of certainty on this interesting subject. An analysis of this sort is perhaps one of the most difficult branches in chymistry; for mineral waters being an assemblage of different substances, which are all, more or less, united with the water, may form with one another combinations without number, and almost infinite; it often happens that some of these principles are in so small a quantity, and at the same time of so subtile and volatile a nature that they can hardly be perceived; but this does not hinder them from having a very great influence upon the virtues of the water. Besides the chymical operations, and the different preparations to which chymists are obliged to have recourse, in order to analyse mineral waters, sometimes occasion very remarkable changes even in the substances whose composition they are endeavouring to discover, without speaking of the considerable alterations to which these waters are susceptible only by motion, carriage, repose, and even by a free exposition to the air.

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After having weighed those things, we ought not to be surpris'd that our ablest chymists, whose exactness and capacity cannot be suspected, are by no means agreed in the analysis which they have successively made of these waters.

The inferences that ought to be drawn from the above, are, that the chymical examination and analysis of mineral water, is a most unthankful and difficult work; and can only be performed by the most learned and ingenious chymists; that it must be often repeated, at different periods of time, upon the same waters; in short, it is almost impossible to establish fixed and general rules for experiments of this kind. From whence we may conclude, that no dependance can yet be placed on the accuracy of the analysis, whatever care and precaution has been taken to succeed in it; and that the most certain and infallible means we have of knowing the nature and properties of a mineral water, is to judge of it principally by the impression it makes upon the external senses, by analogy, and by its effects

effects in the various diseases to which it is applied. Upon the whole, 'tis upon these solid and infallible principles that we shall form our judgment of the nature of the waters of Balaruc ; we will, however, relate the result of what the most accurate analysers have hitherto been able to furnish us with ; but, it must be acknowledged, the analysis should answer to the admirable effects of these salutary waters ; and if they contained only the few principles their analysis has hitherto discovered, it would be almost impossible they could be endowed with so active an energy, or be in a state to perform such sudden and wonderful changes in the human body, as those that may be seen in the observations which we shall have occasion to recite at the end of this work.

When the waters of Balaruc are submitted to a slow evaporation, (for this is the best method of analysing them, and of separating the different minerals which enter into their composition) they at first deposit a little absorbent earth ; and afterwards a little selenite ;
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and at last a considerable quantity of marine salt, which appears to be the predominant principle of these waters. The following are the changes they undergo during this curious process; on the first degree of heat, which was made use of to prove these waters, they became troubled, or muddy, and immediately let fall the absorbant earth under the form of little furfurious scales, in abundance; a little time after came the selenite, but in lesser quantity, having a little more coherence with the water than the absorbant earth; after which the waters are filtered; the earths dried and separated; and the waters evaporated again; 'tis then we may see the chrystals of marine salt gradually collecting themselves together about the vessel; the evaporation is continued very slowly, till no more of the marine salt chrystilises; and till there remains only a little fat oily liquor, known under the name of sea water, which contains only sea salt with an earthy base.

The above are exactly the effects which are produced when the waters of Balaruc are analysed

lysed by the action of fire; which, in the opinion of the greatest chymists, is the properest agent for such an operation, particularly when directed by a skilful hand. On the contrary, if we employ the said mineral water, by way of mixture, or reactive, on infusing oil of tartar it becomes thick and milky; a certain proof that it contains also neutral salts, which have an absorbant earth for their basis. Vitriolic acid, when mixed with the water makes a kind of effervescence, and raises it in little bubbles; a phenomenon which should not induce us to think that these mineral waters contain a pure or unmixed alkaline salt; since their analysis furnishes no such thing; we ought rather to attribute it to the superabundant air that these waters contain, and which disengages itself by adding acids; or rather, perhaps, to the absorbant earth, of which we have already spoken, one of its principal properties being to make an effervescence with acids. As to the rest, the muddiness which the mixture of the oil of tartar causes in the water, can only indicate the existence of a small quantity

tity of free and purified acid, which appears to be of a sulphurous and volatile nature ; for the baths have some times a sulphurous odour, particularly when they have been shut up for a considerable time ; and the mud which is brought up from the bottom has the smell of rotten eggs, or liver of sulphur ; besides, silver exposed for a considerable time in the vapours of these waters, is tarnished, and considerably discoloured ; and a piece of that metal falling into the source, and remaining there a considerable time, is found very black when taken out.

We have already said, the surest means of forming a good judgment on the nature and properties of mineral water, is, to examine the impressions it makes upon the external senses, and particularly the effects it produces on the human body, in the treatment of diseases ; it is on this principle we shall again examine the waters of Balaruc ; and we doubt not receiving more advantage from this examination than from all the analysis that can be made of them.

1st. The

1st. The waters of Balaruc are very hot, and their heat in the source itself raises Monf. de Reaumur's thermometer to the 42d degree; it must, however, be observed, that the heat varies according to the seasons; for in winter, and in the time of much rain, it hardly ever passes above the 38th or 39th; but in the dog-days it rises even to the 48th and 49th degrees of the said thermometer. The hot-houses and baths for the poor, which are situated below, or farther from the source, have an inferior heat, which in the first never exceeds 38 degrees; and in the last does not exceed 40 in the temperate seasons.

The heat of these waters proceeds from the same cause as that of all other thermale waters, and even of the subterraneous fires themselves; the best physicians attribute it to the great mass of pyrites, or other minerals, which ferment, and often take fire by a reaction of their principles, when they are in a state of effervescence, or spontaneous dissolution, to which such kinds of bodies are subject. Let us see in what manner the author of the
 Dictionary

Dictionary of Chymistry explains this phænomenon under the article of pyrites, vol. 2. page 348, " All pyrites, (says he) contain
 " both iron and sulphur; the most common
 " and most abundant of all these pyrites contain two substances, with their non-metallic
 " earth; and the iron and sulphur operate
 " after a singular manner, when mixed together, and put into fermentation by adding
 " a certain quantity of water, which is the
 " cause that a great number of pyrites, (viz.
 " all those which contain only the principles
 " before mentioned,) undergo a remarkable
 " alteration, and a total dissolution, when
 " they are exposed for a little while to the
 " combined action of air and water; the
 " humidity penetrates them by degrees, divides and attenuates their parts considerably; the acid of sulphur operates after a
 " more particular manner on the martial or
 " iron earth; and even on the non-metallic
 " earth; its inflammable principle in some
 " measure divides, and separates itself, and
 " dissipates as these changes arrive; the
 " pyrites change their nature; the acid of
 " sulphur,

“ sulphur, which is decomposed, forms, with
 “ the fixed principles of the pyrite, vitriolic
 “ salts, alum, and selenite ; so that at a cer-
 “ tain distance of time a pyrite, which at
 “ first was a shining, compact, and hard mi-
 “ neral, striking fire with steel, becomes a
 “ mass or heap of tarnished powder, or dusty
 “ saline matter, of a greyish colour ; if a
 “ pyrite is applied to the tongue, after it has
 “ undergone these changes, either totally or in
 “ part, it has a saline flavour, very bitter, and
 “ of an astringent nature ; which qualities it
 “ had not in its first state ; wash it with wa-
 “ ter after being thus dissolved, evaporate and
 “ chrystallise the lye, and a great quantity of
 “ chrystals of vitriol, and even of alum itself,
 “ will be drawn from it.

“ This alteration and spontaneous dissolu-
 “ tion of the pyrites is called efflorescence, or
 “ vitriolisation, because the pyrites after the
 “ operation are covered with a kind of dust,
 “ or saline flowers, which always result from
 “ vitriol ; this vitriolisation happens more
 “ or less quickly in the pyrites, according to
 E “ their

“ their nature ; it is a kind of fermentation
 “ excited by the help of the humidity which
 “ enters into their constituent parts, and acts
 “ with great quickness in such as are most
 “ disposed ; that is to say, in the yellowish
 “ pyrites which are only sulphureous, and
 “ ferruginous, so that when these minerals
 “ are united in a large mass, it is not only
 “ accompanied with a sulphureous vapour,
 “ and considerable heat, but often the whole
 “ catches fire, and produces a conflagration :
 “ we see exactly the same phænomenons, and
 “ the same results happen, when we mix to-
 “ gether a large quantity of filings of iron
 “ and sulphur reduced to powder, and after-
 “ wards wet or moisten the mass, as Lemery
 “ the chymist has done, to give an idea of
 “ subterraneous fires, and in order to explain
 “ the nature of volcanoes.”

2dly. The waters of Balaruc are a little oily
 on the source itself, and this unctuousity ap-
 pears principally when the waters have re-
 mained sometime without agitation, after which
 there appears on the surface a species of mine-
 ral

ral oil, or liquid bitumen, which these waters discharge in a small quantity, and which is easily perceived by the singular odour which exhales from them.

3dly. The waters of Balaruc are of a saltish bitter taste, and perfectly analogous to that of the sea, which proves the predominant mineral of these waters to be sea salt, since we generally extract by evaporation about a drachm of salt from a pound of water, which makes nearly half a pint of Paris measure; I have often evaporated the same quantity of the waters of Balaruc and they have always produced the same proportion of salt, which I have weighed with great exactness; I have also had the curiosity of examining what proportion of salt the sea water contained, and having placed a pound weight of the said water to evaporate slowly over a gentle fire. the product of salt was five drachms; so that the proportional difference of these salts, relative to the waters which contain them, is as one to five. It is also easily perceived by the taste that sea water is much saltier than that of Balaruc;

ruc ; what proves the salt extracted from the waters of Balaruc to be the same with that of the sea, is, (besides its making the same impression on the tongue) that the crystals it forms have exactly the same figure. As to the specific gravity of the water of Balaruc, it has nearly the same weight with common or sea water ; we have proved it many times ; and the only reason we can assign for this equality is, that in a given quantity of mineral water the watery principle appears to be less abundant than in the same quantity of common water ; so that the minerals which the first contain in dissolution, precisely supply the defect of its watery principle.

4thly. The waters of Balaruc may nevertheless be charged with a little sulphur and iron, but in so small a quantity, and so attenuated, that the analysis, and chymical experiments, have hitherto been unable to discover them ; neither do they make any strong impression on the senses ; yet that may not hinder them, however imperceptible, from greatly augmenting the virtue of these waters, for they
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are of so subtile a nature as to penetrate the body with astonishing facility. We have already observed, that the heat of these waters can only be attributed to the mass of sulphureous and ferruginous pyrites, which is dissolved by the combined action of air and water, which causing a fermentation, heats them so considerably that sometimes they take fire, and even cause a conflagration, which acts according to the quantity of inflammable matter contained in these bodies ; after this received theory, we may easily conclude, that the waters of Balaruc, being endowed with so great a degree of heat, may possibly communicate their heat and thermale virtues according to the nature of the mineral substances from which they are received ; beside the wonderful tonic and strengthening virtue of these waters, which render them so powerful, and, if we may be allowed the expression, specifics against weakness of the nerves, relaxation of the members, palsies, &c. sufficiently confirm this opinion ; add to this, the quantity of ferruginous stones, pyrites, and marcasites, authorises as to believe that the waters of Balaruc receive
their

their heat from these mineral substances, which fermenting in the bowels of the earth, the water may be supposed to charge itself with their principles, and partake of their nature : and yet, however strange it may seem, the powder of nut galls sprinkled upon this water makes no sensible change in its nature. The above is nearly all that observation, analogy, or even the external senses, teach us respecting the thermale waters of Balaruc : let us now consider the virtues and medical properties which result from such a composition.

CHAPTER III.

C H A P T E R I I I.

*Of the Medical Properties of the Waters of
Balaruc.*

AFTER what we have already said of the nature and composition of the waters of Balaruc, it will not be difficult to deduce their virtues and medicinal properties, for as these waters contain mineral tonics, purgatives, diuretics, aperitives, and diaphoretics, they ought naturally to partake of all these qualities, and reunite them in their watery vehicle ; which has been demonstrated ever since the happy discovery of these salutary waters, which malevolence cannot contradict, because it is confirmed by daily experience ; witness the
evidence

evidence of Mons. d'Ortoman, the most ancient author who has written on the virtues of these waters ; as well as many other celebrated physicians who have since wrote on the same subject ; neither must we forget the physicians who have so strongly recommended the use of these healing waters ; nor the sick themselves, who have so happily experienced their salutary effects on their weak and emaciated bodies ; on which I shall make some observations at the end of this work.

From such convincing proofs we shall not hesitate to assert, 1st. That there is a purgative, and very remarkable stomachic virtue in these waters ; which they principally exercise in carrying off the foreign matter, which collecting and stagnating in the first passages, vitiates and oppresses the fibres of the stomach and intestines, and by thus cleansing the whole intestinal canal renders them more disposed for their natural contractions and oscillations, as well as more strong and vigorous, which is generally called giving a tone to the stomach.* From hence we may conclude, these waters are
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very proper for drinking in the following disorders. 1st. In all stubborn disorders of the stomach, which prevent digestion, provided they do not proceed from a plethora, or from an inflammation of the coats of that organ. 2dly. In all sympathetic disorders, which proceed only from a defect in digestion; or from putrid collections in the first passages; as in the migraine, vertigo, hemiplegie, epilepsie, &c. in such cases it is necessary to take the waters internally, on account of the relaxation and failure of the tone of the stomach and intestines, and the putrid viscous and slimy matters, which often lodge in the first passages, and are the cause of these disorders.

In the second place the waters of Balaruc are diuretic, and aperitive; hence the drinking of them contributes greatly to remove obstructions in the viscera in general, particularly of the intestines, provided they are not of too long a standing, or become of a skirrous nature; these waters, by the quantity of salts they contain, dissolve and attenuate the thick humours, filter the juices, and put a total stop

to obstructions of the viscera: we have seen them produce the most speedy and happy effects in those bilious obstructions of the liver which cause the yellow jaundice: by the effect of their aperitive virtue they very often cure obstinate quartan agues, which have resisted all other remedies, and reduced the patient to the brink of the grave. They are also very efficacious when the reins are affected either by gravel or mucous matter which lodge in the kidneys, or ureters, and stop up the urinary passages, if the waters are not taken in the paroxysm; I have often been witness to cures of this kind, performed by the internal application of these waters; as will be seen more at large in my chapter of observations.

In the third place, they are most powerful emmenagogues, and we have known many women, both married and single, very irregular in their periodical discharges, which they have seen appear and advance with astonishment, not by drinking the waters, nor by the use of the baths, but by simply bathing

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ing the feet in the waters of the bath for a quarter of an hour ; from the same cause they often excite the piles, particularly in those who are subject to them ; but it is of little or no consequence, for on bathing the parts well, and sitting over a tub or pot full of the said water, the complaint disappears, and they are perfectly cured.

What we have hitherto said of the virtues and properties of the waters of Balaruc, has been confined chiefly to cures performed by their internal application ; but they are no less efficacious and salutary when applied externally, by way of bathing, douching, (1) or the stove ; the mud, or sediment at the bottom of the baths, possesses the same virtue as the water itself, and is often applied with astonishing success.

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(1) Douche is a word peculiar to the French language, and in this work we wish it to convey the idea of water falling, or being poured, from a certain height, (from pots constructed on purpose) upon a part of the body, which is generally rubbed with the hands at the same time.

There are two sorts of baths at Balaruc, the one is called the bath of the source, because it is at the fountain head, and they bathe in the spring itself; the heat of which hardly ever goes beyond the 42d degree of Mons. de Reaumer's thermometer, in the temperate seasons, as I have before observed; the other is called the *tub or cistern bath*, which is the *temperate bath*, because the bathmen, or guides, put the water, hot as it comes from the source, into large tubs, or stone cisterns, and let it stand till it is reduced to a convenient degree of heat for bathing, which hardly ever exceeds the 36th or 37th degree of the same thermometer; they very often begin by an inferior degree, and insensibly augment it according to the strength, age, and constitution, of the patient, and the nature of his disorder.

There is more use made of the temperate baths than that of the source, because the heat of the latter is so very violent that it is almost insupportable, and is used only on such

such patients and such parts as have lost all sensation and feeling.

These baths by means of their heat, animated by the minerals which they contain, considerably augment perspiration, and often occasion profuse sweats, by which means the body is delivered from superfluous watery and acrimonious moisture. They excite a kind of momentary fever, and powerfully re-animate the circulation, and they are the best menstruum, for clearing obstructions, that has yet been discovered. They likewise excite sensation, and give a tone and spring to the nerves.

The baths and douches of Balaruc produce most surprising and wonderful effects, and are looked on as certain specifics in many kinds of palsies; it must nevertheless be observed, that in all paralytic cases they do not produce the same effects; on the contrary there are some in which they ought not to be used without the greatest precaution; for example, in the particular or local palsy in one arm,
or

or in one leg, separately, which does not affect one half of the body, and which has not been preceded by an apoplexy, is generally easier cured, and less dangerous, than any other species of palsy, except that of the tongue, which approaches nearer to an apoplexy, by the proximity and communication of vessels, which join themselves to the noble viscera, where that cruel disease fixes its seat.

Palsies with a contraction, or trembling, of the members affected, are more obstinate, and difficult to cure, than those where the affected parts are found in a weak and relaxed state, and require the baths to be hotter.

The hemiplegies, or palsies of one half of the body, which are not the effect of apoplexies, give greater hopes of a cure than those which have been determined by an apoplectical attack; and these last are never entirely cured but with much difficulty: however, those who are thus afflicted always receive great benefit from the waters of Balaruc; and it is only by frequenting them that the
sick

sick can shelter themselves against relapses, and prolong their days: daily experience proves this truth, as will be seen by the observations hereafter recited.

In the hemiplegy the arm generally recovers more slowly than the leg; the cause of this phenomenon may proceed from the leg having more exercise than the arm, and that the vessels which belong to the first are larger than those which supply the latter. The more recent the palsy, and the younger the patient, the greater hopes may be entertained of a cure.

The palsies which do not attack suddenly, but come on gradually, or by insensible degrees, are cured with great difficulty; as are those which proceed from an internal and hidden cause, and which generally attack the anus and the bladder.

A complication of œdema, or rather waisting, in the parts affected, renders the case still more difficult. Palsies which succeed fevers
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are more or less obstinate according to the malignity or duration of the fevers which occasion them.

Pumping, or pouring, the waters of Balaruc on the paralytic part, if occasioned by a wound, or fall, performs wonders, provided the nerves which belong to the parts affected, have not been cut, or much damaged by the accident.

In rheumatisms they apply the baths of Balaruc with the greatest success, and their heat in general ought to be rather more temperate than for palsies. The stoves are very convenient in gouty rheumatisms; the copious sweatings they produce, are more effectual to dissipate the sharp corroding serosities that a transpiration obstructed by cold, or humidity, had fixed in the membranes or muscles.

The sciatic pains, which are of a rheumatic nature, are commonly cured by the use of the temperate bath; but when they are

are of a gouty character, they demand more attention, and greater precaution; the patient ought to be treated with tenderness, and the baths should be very temperate: when disorders are recent they yield more freely to these remedies than when they have been of long standing, and are very inveterate.

The waters of Balaruc possess also a cleansing, healing, and drying virtue, and of course may be applied externally in cutaneous disorders; particularly in ulcers, tetters, itch, scurf, or scaled head, &c. but disorders of the skin do not always require to be cured and dried up exteriorly; persons versed in physic know, that curing such diseases too abruptly may be hurtful, and even in many cases dangerous, and will doubtless pay attention to those where the cutaneous discharges may be salutary to the body. The waters may also be used with success in various disorders of the eyes, provided they are applied with judgment, and poured gently on the parts affected with the douching instrument, as well as in those which are caused by a relaxation, or

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palsy

palsy, of some of their component parts; and in those which are caused by a defluxion of sharp serum from the glands, which sometimes settles in those parts; or by the superfluous serosities which overflow them; or, rather, by spots, dimness, or excrescences, which begin to form on that organ; for which reason the waters should be applied to these parts with the douching instrument; particularly, 1st. In recent gutta serenas. 2dly. In a weakness or palsy of the upper eyelid. 3dly. In the distillation or shedding of tears, occasioned by too great a quantity of serosity, and not by an obstruction or contraction of the lachrymal points or ducts, or nasal sac. 4thly. In specks or spots which begin to cover the horny tunicle of the eye, provided they are the effect of fluxions, and not caused by cicatrices, or scars from accidents, which have contracted and dried up the part; for in that case the complaint is absolutely incurable. 5thly. To conclude, in the beginning of a cataract, which is only an opacity, or cloudiness, of the chrystaline humour, care should be taken to guard against
this

this malady; particularly when the sight begins to be troubled by flying shadows, which appear to the patient like flakes of snow, swarms of flies, &c. when the objects appear as if covered with a vapour, or spider's web, then the waters of Balaruc should be applied to the parts affected with the douching instrument; as their powerful incisive, and dissolving virtues, are capable of entirely dissipating the viscosity and thickness of the lymph, or watery humour, which troubles the sight, and takes from the chrystaline humour its transparency: but when the cataract is entirely formed, the crystaline becomes absolutely opaque, and the sight totally lost, 'tis well known there is then no resource but in the surgical operation.

The waters of Balaruc possess also a singular virtue in curing deafness caused by a palsy of the auditory nerve, or a relaxation of the membrane of the timpanum, or drum of the ear, or some catarrhal fluxion which choaks up the part; or, rather, the coagulation or thickening of the wax, by some means condensed,

denfed, which entirely ftops the external paffage, and by that means oppofes the introduction of air, which fhould carry the impreffion of founds upon that organ; we have often feen, by means of reiterated injections of the waters of Balaruc, into the paffages of the ear, a kind of cork or plug come out, which had been formed by that excrementitious humour; on which the fenfe of hearing immediately returned.

We fhould confiderably fwell the fize of this work, if we were to mention all the difeafes in which the waters of Balaruc may be ufed with fuccefs; there are many cafes in which they might be advantageous; but as it would be tirefome to quote the whole, it will be fufficient to obferve in general, that being remarkably tonic, purgative, refolvent, diuretic, diaphoretic, and fudorific, they are found to have a furprifing effect in all kinds of palfies; weaknefs of the parts; relaxations of the tendons and ligaments; crudities and diforders of the ftomach; want of appetite; and in intermitting fevers; obftructions

tions which are not too inveterate or skirrous ; the jaundice ; green sickness ; catarrhal fluxions ; rheumatic pains ; and a thousand other cases, in which judicious and skilful physicians, from the idea we have given of their virtues and singular qualities, will know how to apply them with effect. In the following chapter we shall pay particular attention to the manner of using these waters, and the precautions necessary to be observed, so that the application may produce desirable and salutary effects.

CHAPTER IV.

C H A P T E R IV.

Of the Manner of using the Waters of Balaruc.

WE have observed in the preceding chapter, that the thermale waters of Balaruc are used internally, by drinking them; or externally, in bathing, douching, or by way of stowe or vapour baths; and that the mud is also applied in certain circumstances; we have also, as far as possible, determined the cases in which the preference should be given to either of these methods; and described the various gradations which ought to be observed in these operations, according to particular circumstances, and the nature of the disease; the
strength,

strength, age, sex, and constitution, of the sick person. Indeed we ought to enter into a circumstantial and particular detail of all the different precautions which are necessary on these occasions, viz. 1st. Of the manner in which the patient should prepare himself before he uses these waters. 2dly. In what doses they ought to be drank; and the most proper time for it. 3dly. In what manner the bath, douche, stoves, &c. ought to be administered.

We ought also to observe, That the waters of Balaruc should never be used either internally or externally, without first preparing the body with some deluting and softening drinks; (1) and, if needful, emptying the stomach, by applying a purge; for without this judicious precaution the baths may be the means of producing fevers, and several
other

(1) Persons of a plethoric or sanguine habit would do well to have some blood taken away before using the waters of Balaruc, to avoid the efflorescence to which constitutions of this cast are generally subject on using these waters.

other accidents, very difficult to cure; it would be to expose one's self to catastrophes the most grievous to neglect this salutary practice. After this preparation, the most favourable season should be chosen, which is generally the spring or autumn, unless the disease is pressing, and demands immediate relief; in that case he should pay no regard to times and seasons, as the baths are open all the year.

On arriving at Balaruc the patient should rest some days, if the length of the journey has fatigued him much; but if on the contrary he is not tired, he may begin his remedies the next day. The general mode is to begin with drinking the waters, (1) which should be taken fasting, and early in the morning, that is to say, about five or six o'clock,

(1) This is to be understood when the disease requires it; they should also make use of the baths and douches; in this case they ought to begin by drinking the waters, for which we have already given sufficient reasons.

o'clock, when it is not cold; and about seven or eight when the weather is rather cold; 'tis a laudable custom to add to the first glass of water they swallow a gentle purgative; from two to three ounces of manna; or neutral salts, as Epsom salts; or salts of seignet; from two to four drams, will be sufficient; by these means the waters are quickened, and make their way with more ease; the same method is observed in the last glass of the third day; and with much propriety, if the waters did not pass properly, by stool or urine, the preceding day. (1) They generally drink the waters for three days together, without intermission; not but the time may be prolonged, if there be nothing very remarkable to prevent it; particularly if there be a great mass of humours to be expelled from the body, and the constitution

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(1) I cannot think the waters stand in need of any assistance from manna or salts; I never found they did; they are the finest and most grateful purge in nature. The guides at the bath force the manna and salts on the people for the sake of their own pockets, as they sell them dear.

of the patient permits it. The dose of these waters is from six to nine pints per day; they generally drink it in the morning, by glasses, one every quarter of an hour for the space of two hours; about an hour after the last glass, when the waters have entirely passed off, a little light fresh broth is generally to be taken; and the same practice is observed every day of drinking the waters; which if possible, they should endeavour to do at the source itself; for without saying any thing of the exercise, dissipation, &c. arising from the company of other sick persons, which favour the operation of the waters, there is not a doubt but they loose much of their force and virtue by carriage, and exposure to the open air, as we have already proved; however, if the situation of the patient, or the changeableness of the weather, do not permit him to take them at the source, he may drink them in his chamber, provided he sends for fresh water every time he drinks. (1) Where-
ever

(1) The above precautions are very proper, and always observed at the baths; but these waters, on being properly

ever these waters are drank, it is very necessary to guard against cold, and dampness, for nothing so much obstructs their passage as these two qualities of the air; notwithstanding these precautions, it sometimes happens that those waters are not discharged by stool so abundantly as might be expected; but in that case they pass more copiously by urine, which may be as well, and perhaps better for the patient; at other times, though rarely, they pass in small quantities both ways; in that case, to promote a free passage, it is proper to apply warm linen to the belly during the time of drinking; however, if they still pass with difficulty, (which generally depends on the nature of the disease, and constitution of the patient,) or if they excite any pain or trouble in the bowels, as colic, gripings, &c. the patient would do well to have administered, in the evening, before supper

perly corked and cemented down, begin to be sent to London, Paris, Vienna, Berlin, and other great cities, and retain their virtues for a considerable time; as will be mentioned more at large hereafter.

supper, a mild and softening glyster. The waters have the singular effect of making the persons who drink them dull and sleepy; but this may, in some measure, proceed from their getting up earlier than common; or from necessary and unavoidable fatigue, occasioned by drinking the waters; they should, however, be careful not to yield to the desire of sleep, to which they are generally much inclined after dinner; sleep would then be hurtful, in suspending the natural course of the animal functions, so necessary to promote the successful drinking of these waters

As to the regimen which ought to be observed in using the waters, it is necessary to make choice of good food, and to be careful of shunning that which by its quantity, or pernicious quality, might, by overcharging the stomach, irritate it, and by that means occasion indigestions, and many other dangerous accidents; of course the sick should be very temperate and frugal in their repasts, particularly at supper, which ought to be very light; they should avoid all heavy, salt, or indigestive

indigestive food ; raw or unripe fruits ; sallads, &c. It is highly necessary that the patient should pay strict attention to the above regimen while he drinks the mineral waters, because they generally weaken the body during that time, particularly the organs of digestion, by the great evacuations they naturally occasion: though these waters possess a singular tonic and stomachic virtue, it is not to be expected they will always produce it immediately, as it is generally some time after using them before they produce their effect; it is then that the patient sensibly feels their force, by the tone and spring they give to the parts ; and that the stomach feels their happy operation by recovering all its elasticity, and returning appetite.

Besides the internal use of the waters of Balaruc, of which we have just spoken ; they are likewise used externally, as before observed, in baths, douches, fumes, &c. we have also distinguished two sorts of baths, the one in the source itself, whose heat rises to the 42d degree of Mons. de Reaumer's thermometer ;

meter ; the other is called the temperate bath, because it is at some distance from the source, and of course not so hot, as it rarely ever exceeds the 37th or 38th degree of the said thermometer. They hardly ever bathe the whole body in the source itself on account of its great heat, and that few persons are able to bear it ; indeed few cases require it ; but the lower extremities are often plunged in suddenly, even to the middle ; as well as the upper extremities, without bathing the whole body, according to the exigency of the case ; indeed it is principally used in paralytic affections of the extremities, and other maladies of which we have already spoken.

The temperate bath is more frequently used than the bath of the source ; they generally go into it in the morning fasting, where they usually remain about twelve or fifteen minutes, more or less, according to the strength of the patient ; they judge of the proper time of quitting it by the strength and quickness of the pulse ; and by the lively and animated bloom of the countenance ; from whence drops
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of sweat are distilled in great abundance. When the patient quits the bath, he is wrapt up in a warm sheet, and carried to a bed, ready for him, in a room adjoining the bath; where being carefully covered, he sweats more or less according to the disposition of his body, for about half an hour, or rather more; after which they wipe off the sweat, change the sheets, and give him a basin of broth, which generally causes him to sweat again; he remains in bed for sometime; and when he feels no more moisture on his body, and that the agitation of the blood is almost entirely calm, he may retire to his own apartment; from whence he has no occasion to return till the next day; however, if the case be pressing, he may apply the douche in the evening, provided he is not too much fatigued with what he underwent in the morning.

It is necessary to observe, that the baths sometimes heat the patients so much as to occasion a continued fever, and even to produce inflammatory disorders; but all these inconveniencies may be prevented, First, by observing

observing the preparative course already recommended. Secondly, In administering the baths less frequent, and as temperate as possible ; particularly the first. However, if all these precautions do not prevent the inflammatory symptoms from appearing, the use of the baths should be instantly suspended : the patient is generally soon cured of the above accidents by bleeding, diet, and deluting draughts.

As to the number of times in which the patient should use the bath, they hardly ever exceed six or eight ; and as it is a little fatiguing, it is customary to let the patient repose after the third or fourth, according to the disposition in which he finds himself ; and yet, if the use of them proves successful, and they do not heat too much, I cannot see that the patient would do amiss in using them oftener ; particularly if they are made very temperate, and care is taken to observe the above precautions.

The douche, is not so fatiguing as the bath ;

bath ; 'tis for this reason it may be used twice a-day, once in the morning, and again in the evening ; the patient generally (1) undergoes this operation at the source itself, without diminishing the heat of the waters ; we have explained in the foregoing chapter the cases in which it is proper to be used ; the number that may be used successively generally exceeds that of the bath, and may amount to ten or twelve, or even more, according to the circumstances of the case ; this operation lasts about twelve or fifteen minutes ; and even sometimes longer ; particularly when they do not fall on the head ; in hemiplegies they douche, or pour the water, on the head, nape of the neck, and parts affected. There is one thing to be observed in the contortion of the mouth, (which is often the effect of palsies) that is to say, they should never douche the cheek towards which the mouth is turned ; but on the contrary,

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(1) I say generally, because they are sometimes obliged to temper the heat, for certain delicate constitutions, which are subject to low spirits.

the opposite side, for that is the part which is paralytic; and in fact we have experienced, that in a hemiplegy which attacks the right side of the body, if there be at the same time a contortion of the mouth, it will be turned to the left side; and vice versa, the reason of which is very evident, for the cheek on the right side being paralytic and relaxed, as well as all the other parts of the same side, it necessarily follows, that the antagonist muscles, of the opposite side, which enjoy all their tone, spring, and action, draw the others towards them, which having lost all their force, are obliged to yield to the action of the first; in this case the mouth will be turned to the left side; nor can it be reduced to its natural situation without applying tonic or bracing remedies to the cheek on the right side, the muscles of which are paralytic. The anatomical knowledge of these parts is alone sufficient to demonstrate this truth.

Though douching, or pouring the water on the patient, is not so fatiguing as the
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use of the baths, it nevertheless considerably augments transpiration, and even sometimes causes him to sweat ; for this reason, as soon as the operation is finished, they rub the parts on which the water has been poured with hot linen ; and the sick person generally reposes sometime before going into the air, without, however, going to bed ; unless the water has been thus applied to a great part of the body, and the patient finds himself much fatigued with it ; in this case it is necessary for him to go to bed, and that he should be treated in the same manner as after using the baths.

We once more mention the fumes, being the appellation given to the vapour of the thermale waters, which are received and concentrated in a very close, narrow, obscure place ; and we have already said their heat was nearly equal to the 38th degree of *Monf. de Reaumur's* thermometer. They are used with very great success in universal rheumatisms, even when combined with a small degree of the

the gout ; in œdemas, and watery swellings of the parts ; contractions and strictures of the members ; in cutaneous disorders ; and in all cases in which perspiration is necessary ; the sick go in naked, or wrapped up in a sheet ; and in a little time are generally covered with a sweat ; I say generally, because we have seen some patients whose pores have been so rigid that they have remained some hours without the least perspiration. They remain more or less time according to different constitutions ; some half an hour, others hardly a quarter of an hour ; others again, particularly some women, cannot bear the vapour more than three or four minutes, and would even faint away if not quickly taken out ; on leaving the vapour-room the sick are treated as when they come out of the baths ; though the latter is fatiguing, and heats more than the fumes ; hence it is, that these may be continued much longer than the baths.

As to the muds of the waters of Balaruc,
they

they are applied with great success to the palsied parts, weak, maimed, swelled and false ankiloses, &c. These are nearly the principal uses to which the thermale waters of Balaruc may be applied; but this does not prevent their being very advantageously used in many other cases; of which we have not here made mention, because they would extend the work beyond the limits to which we wish to confine it; but the application of them will be very easy to skilful persons, after the general rules that we have established. Such as are under the necessity of having recourse to this powerful remedy, if they wish to be more particularly instructed respecting the effects of these salutary waters, in the attention which ought to be paid, during the use of them, to the nature of their disease, constitution, and other circumstances, may receive every information, and necessary advice from the author of this work, (who resides on the spot, by order of the king, as intendant of the waters of Balaruc) into a detail of which we cannot enter here, on account

count of the narrow limits to which we have confined ourselves.

We cannot finish this work without advising such persons as find themselves in any of the morbid cases before alluded to, not to lose time in making application to these healing waters, as they possess such singular virtues in the above disorders. Baths of all kinds, were used in ancient as well as in modern times, both for cleanliness and health; those we here recommend encourage perspiration by their singular heat, the obstruction of which, is the cause of almost every malady which afflicts human nature: they draw the humours from all parts of the body; hence it is, that in using the hot baths the body is often covered with pimples, and eruptions of every kind; it is also a certain means of extracting all impurities, or bad humours, from the body; these baths produce wonderful effects in all cases where there is a general or particular weakness in the body; and where it is requisite to give strength to the fibres,
and

and vigour and firmness to the flesh. In short, we cannot help looking on these waters as one of the most powerful medical remedies hitherto known, and to which the sick may safely fly for succour in the greatest part of chronic diseases.

There is one thing which ought not to be neglected in using these mineral waters, 'tis to banish from the mind all kind of business, care, or in short every thing that may excite grief or melancholy ; and on the contrary to think of nothing but what may be pleasing and agreeable, and tend to dissipate the gloom which generally covers the countenance of the unfortunate ; for which purpose I would recommend agreeable walks, chearful companions, and moderate amusements ; particularly such as are harmless in their nature, and cause no anxiety to the mind ; as gentle exercise, when not tainted by disagreeable reflections, contributes at least as much as regimen to the success of the waters, and the re-establishment of health.

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In order to finish this work, we have only to relate, for the satisfaction of our readers, and to prove what we have asserted, with respect to the singular virtues, and natural qualities, of the waters of Balaruc, some wonderful cures, performed under our inspection, by the use of these waters only ; we shall not quote a great number of cases, as it would be too tedious to our readers ; choosing only the most recent, and such as are most worthy of observation.

CHAPTER V.

*Observations on the different Cures performed
by the Use of the Waters of Balaruc.*

Of a Hemiplegy with the loss of Speech.

MR. Caſtan, prior of Cabrieres, a village near the city of Nimes, was attacked by an hemiplegy, which totally deprived him of the uſe of his right ſide, and of his ſpeech; as ſoon as his health would permit he ſet out for Balaruc, where he uſed the waters, douches, and baths, with ſuch aſtoniſhing

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success, that on the eighth day after his arrival, he not only entirely recovered his speech, but also the use of his limbs.

A N O T H E R.

Mr. Saint Jacques de Serre, of the city of Marseilles, having been attacked by the same malady, retaining the use of his speech, went also to Balaruc, and after using the waters for a little time, recovered the use of the palsy'd leg, and afterwards that of the arm, on the same side.

A N O T H E R.

Mons. the Marquis de Lyrac, of Avignon, in the space of eight days was entirely cured of a palsy in the tongue, and left side of the body, by the use of the waters of Balaruc; this cure was performed about five years ago, and the disorder has not since returned.

OBSERVATION

OBSERVATION SECOND.

Of a Palsy in the Head and Tongue.

MR. Colomb, a gentleman of Montauban, who had been long attacked by a palsy in the head and tongue, having made several voyages to Balaruc, particularly last spring, when he was perfectly cured by drinking the water, douching on his head, and on the nape of his neck; his cure is so complete and radical that he articulates the words as perfectly, and with the same ease and facility as if his tongue had never been affected, so that the most attentive and scrupulous ear cannot perceive the least defect in his pronunciation.

OBSERVATION

OBSERVATION THIRD.

*Of a Palsy of the lower Extremities of the
Body.*

MONS. the Abbe Lalleman, of the city of Rouen, in Normandy, when about 30 years of age, was brought to Balaruc totally deprived of the use of his inferior limbs, being so grievously afflicted with a palsy, from the waist downwards, that he was absolutely incapable of supporting himself; his legs appeared as if they had been dislocated; and they were obliged to carry him; he drank the waters of Balaruc, used the baths, and was douched upon the spine of the vertebre, and parts afflicted, by which he was radically cured, to the astonishment of all who knew him; he has been since frequently seen at Montpellier, Marseilles, and other

other public places, walking whole days for his amusement, without any assistance whatever, or so much as the use of a cane; and even chearfully supporting the fatigues of the chase.

OBSERVATION FOURTH.

Of a Palsy in the lower Jaw.

MISS Anequin, daughter of a Notary, of Pezenas, has been radically cured by the use of the douches of a palsy in the lower jaw; it was of such a nature that it was impossible for her to shut her mouth, the ligaments and muscles were so entirely relaxed, that for fear of its falling down by its own weight, they were under the necessity of supporting it by a bandage, made for that purpose.

OBSERVATION

OBSERVATION FIFTH.

Of a Goutta Serena.

A Prior not far from Bui in Dauphiny, was attacked with a goutta Serena in one of his eyes, occasioned by great application and study; he was brought here in the month of May last, by Mr. Clement, apothecary, of the same place; I ordered him to drink the waters, to be douched on the head, nape of the neck, and upon the eye affected; and in about five or six days his sight began to recover; and the alteration was so sudden and perfect that before going from hence he could see as well with this eye as the other.

OBSERVATION

OBSERVATION SIXTH.

*Of an Aphonic or Incapacity of producing
Articulate Sounds.*

A Prebend of Mende, the capital of Gevaudan, was suddenly attacked, about five or six years since, with a true aphonic, which he could not attribute to any known cause; but which probably sprung from a palsy in the organs of speech and voice; he came here with the intention of using the waters, and douches; and though he had come twice before without any apparent success, he was nevertheless radically cured after the third voyage; and we have been assured by many inhabitants of the said city, whom we have since had the pleasure of seeing, that his cure was perfect, and that he spoke and sung as well as ever he did before his affliction.

OBSERVATION

OBSERVATION SEVENTH.

Of an Universal Gouty Rheumatism.

MR. de Fontiène de Saint Croix, of the town of Apt, in Provence, of a middling age, and weakly constitution, was brought here attacked with an universal gouty rheumatism, which had deprived him of the use of all his limbs, and occasioned the most excruciating pains; for some days he used very temperate baths, and in a little time he perfectly recovered his health, so that the following season he returned only to use the waters by way of precaution; I hardly knew him again, he was so considerably altered; when he came here first they were obliged to carry him, as he was neither able to stand or dress himself; but the second time he was free and easy in all his limbs, walking and acting as well as before his affliction.

OBSERVATION

OBSERVATION EIGHTH.

Of a False Ankilosis in One Knee.

MR. Roustan, jun. confectioner, of the city of Montpellier, was brought here about twelve years since, having a false ankilosis on one knee, he was obliged to use crutches to support himself in walking; they applied the douches, and the mud of the waters of Balaruc, to the part affected, from which he soon received very great relief; and having returned in the proper season, and continued the same application for some years, he was at length perfectly cured, and is now able to render authentic testimony to the truth of the above.

OBSERVATION NINTH.

*Of an Obstinate Quartan Ague with the
Jaundice.*

MR. Blanc, the elder, merchant, in the city of Nimes, was attacked by an inveterate quartan ague for about eighteen months, for which he tried all kinds of medicines, without effect, and which, by its continuance and obstinacy, brought on the jaundice; he came here last year to try what effect the waters would have, after all other remedies had failed; the first day of drinking was so favourable to him that the jaundice entirely disappeared; he continued drinking the waters for about five or six days, and though, during that time, he had one or two slight fits of the ague, it totally disappeared in a few days after his departure from Balaruc, and has not since returned.

OBSERVATION

OBSERVATION TENTH.

Of a Cold and Obstinate Catarrhal Fluxion.

A Young gentleman of Aurillac, in Auvergne, studying the law at Paris, about two years ago, suffered so much from the excessive cold of that year, that he was seized with a catarrhal fluxion on one side of his head, after having tried many remedies without success, he was advised to go and take the douches of Balaruc; he arrived here in the month of October last, and having been douched ten or twelve days upon the part affected, the fluxion was dissipated, as well as the sensation of cold and numbness, which he had felt before.

OBSERVATION

OBSERVATION ELEVENTH.

*Of a Palsy in One Leg, occasioned by a
Gun-Shot Wound.*

ABOUT nine or ten years since we had the pleasure of seeing here, an officer in the service of the empress of Russia, attacked by a palsy in the right leg, occasioned by a gun-shot wound, which he had received in the thigh of the same side, and of which the cicatrice of the wound remained callous; this callosity without doubt compressed the crural nerve, from which necessarily followed the palsy of the entire limb; he used half bathings in the source itself, and had the douches upon the part affected, which, by their powerful and incisive virtue, softened the callosity, disengaged the nerve, and entirely recovered the motion

tion and natural sensation of the limb affected. This observation is related at the end of a work intituled *The Nature and Use of Mineral Waters*, by Mr. le Roi, professor of medicine, in Montpellier.

OBSERVATION TWELFTH.

*Of a Palsy complicated with Convulsive
Motions.*

MISS Pouville, the eldest daughter of Mr. Pouville, paymaster of the city of Montpellier, was brought here at the age of ten or twelve years, attacked by a hemiplegia with convulsive motions, which came by intervals in the whole paralytic side; by some, this illness was attributed to the bite of a dog, which she had received in her little finger on the same side, a little time before; others, on the contrary, said
it

it was occasioned by a nest of worms in the stomach, because she had brought some up by vomiting; however that may be, after a severe struggle, and taking a quantity of remedies to no purpose, they at last determined to send her to Balaruc, where she took the waters internally, with the baths and douches made very temperate, with so much success, that after three voyages, which she made in the same year, she found herself entirely cured; and enjoys ever since that time the best state of health; she comes however once a year to Balaruc, not only by way of precaution, but in remembrance of her cure.

OBSERVATION

OBSERVATION THIRTEENTH.

*Gravel in the Reins, or Kidneys, drove away
by the Waters of Balaruc.*

MR. Nicot, a tradesman of the city of Montpellier, some time subject to nephretic colics, in the fits of which he suffered cruelly; came about two years since to drink the waters of Balaruc; the first application renewed his old pains, to a degree hardly supportable, which did not fail to frighten him very much, fearing they would be augmented; he came to me, and desired to know what he should do; and being convinced by the questions I asked him, and the symptoms which appeared, that they were caused by the gravel and stone in the bladder, which detaching itself from the reins or kidneys, and voiding itself by the narrow passages of the ureters into the bladder,

bladder, were the occasion of all those pains : (for he suffered violent pains in the passage of the ureter, and was even sensible of the course these foreign bodies took) I advised him to take in the course of the day plentifully of chicken broth, by which means he brought away in his urine a quantity of gravel, and his pains disappeared ; he continued to drink the waters of Balaruc the next day, and the day after that, without having any other fit of his nephretic colic.

OBSERVATION FOURTEENTH.

Of a Hemiplegie without loss of Speech.

IN the month of September last they brought here the courier of Rome, who was attacked by a palsy in one side of his body, and in such a deplorable state that he was truly an object of compassion ; the
waters

waters of Balaruc made so quick and wonderful a cure, during his first voyage, that every body spoke of this cure with the greatest surprise, and admiration, and the fame of it spread far and near.

Mr Menard, merchant of the city of Lyons, has been radically cured of a palsy in the tongue, and one half of the body, by the use of the same waters.

These few observations appear to me sufficient to certify the efficacy of the waters of Balaruc in chronic diseases of the greatest weight ; I am able to quote an infinite number of others ; but too long a detail would be tiresome, and enlarge too much this volume, which I have been desirous to make as short as possible ; besides there is hardly any person who has not long since been informed of the wonderful effects of these thermal waters ; and their reputation is too well established every where, to stand in need of more authentic evidence ; as we are moreover ready to give upon this subject the most

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full

(82)

full and circumstantial information, to any persons who desire it: in the mean time we wish that the public may draw from this little work all the good, that we propose in writing it.

F I N I S.

APPROBATION.

I Sign as the eldest of the professors in phyfic in the Royal University of Montpellier; and do certify to have read a work entitled a *Treaise on the Mineral Waters of Balaruc, &c.* by Mr. Pouzaire, doctor in phyfic, of the faculty of Montpellier, and to have found nothing but what led to the end which the author proposed to himself; in faith of which, I have given the present certificate. Montpellier, July 25, 1781.

L A M U R E.

*Permit the impression, July 27, 1781, FAURE,
Judge-Major, Lieutenant-General,*

On a further conversation which I had this last spring with the ingenious writer of the foregoing treatise, he proposed to annex to this work a sketch of the disorders curable by these waters, classed under their respective heads, as I was of opinion that such a sketch, immediately referring the reader to the cases where a cure may be expected, might not be altogether useless, he accordingly composed it, and is as follows :

A TABLE of the DISORDERS

*Which may be cured by the Waters of Balaruc,
according to the Order of their Cure.*

SECTION I.

On internal Maladies.

ARTICLE I.

Of Palsies.

1. **T**HE species of palsies affecting only one limb of the body, which are not formed slowly, by little and little, but those which
come

come on all at once, whether spontaneously or without apparent cause, whether by a sudden stroke of the air in the moment of digestion, or otherwise; or again at the end of malignant fevers, or otherwise; they are easily cured by the use of the waters and douches of Balaruc.

2. The hemiplegies or palsies of the half of the body.

3. The palsies which follow apoplexies.

4. The palsies of the tongue, gullet, and of the voice, which we have called *aphonie*, or incapacity of producing articulate sounds.

5. The universal palsies which affect generally all the members of the body.

6. The perfect or compleat palsies which are attended with loss of sense and motion, all at once.

ARTICLE II.

*Of Maladies of the Stomach, and other Viscera
of the lower Belly.*

1. Weakness of the stomach, dislike to food, or loss of appetite, indigestions, cephalalgies, or head-achs, arising from crudities or disorders in the stomach.

2. Obstructions of the liver, spleen, and other viscera in the lower belly, provided they are not become too scirrhus.

3. Concretions in the gall bladder, hepatic duct, and the common duct of choledochus.

4 The jaundice, the atrabilaris, or black jaundice.

5. The colic flux, and lenteria.

6. Calculous

6. Calculous concretions and gravel in the kidneys, ureters, and bladder.

7. The diabetes, or incontinence of urine, when it is occasioned by a relaxation or a palsy of the sphincter of the bladder.

ARTICLE III.

Of Rheumatic Pains and Catarrhal Fluxions.

1. Particular rheumatisms of one limb, or of many.

2. Universal rheumatisms with gout.

3. The sciatic pains.

4. The cramps and numbness, or stiffness of the limbs.

5. The catarrhal fluxions, cold, or moist; that is to say, known to arise from obstructed

obstructed perspiration, by cold or humidity : also fluxions in the head or eyes, ears, or nose, lips or teeth, and deafness from the same cause, or by the auditory external canal being obstructed or blocked up by con- creted wax.

6. Specks in the eyes, with disposition to cataracts, and the gutta serena.

SECTION II.

Of External Complaints.

1. Sprains or contusions with swelling, or without.

2. Weakness and pains which remain in the limbs after fractures, great wounds, and their cicatrices.

3. The callosities which remain after cicatrices, and the weakness or palsies that
these

these callosities may occasion, in restraining or compressing the nerves which distribute themselves in those parts.

4. Diseases of the skin, as tetters, itch, scurf, &c.

5. Sweats being checked, and perspiration stopped, &c.

*Balaruc, May 12, 1784, POUZAIRE,
Physician in Ordinary to the King, in-
tendant of the Waters.*

I The undersigned do certify to have made the above table at the desire of my good friend Dr. Pugh, who is desirous to translate this book into English, and to make it public in his own country for the good of humanity.

POUZAIRE, Physician in Ordinary
to the King, intendant of the Waters.

Balaruc,
May 12, 1784.

ADDITIONAL CASES, &c.

BY DR. P U G H.

I Shall begin my observations with giving an account of some of the patients, and their diseases, who came to the baths of Balaruc, in the months of July, August, and September, in the year 1783; and in the month of May 1784; in which months I was there, attending my patient Mr. Wollaston. There are two seasons in which the waters of Balaruc are supposed to have more efficacy than at any other periods in the year, viz. from the beginning of the month of May to the middle or end of June,

June, for the spring season; and from the middle of August to the end of October, for the autumnal season; but in cases of immediate necessity they are frequented every month and day in the year. A physician, and bath people reside in the village, and his advice, and their assistance may immediately be had.

The general rules at these baths are drinking the waters in quantities, as purges, for the first three or four days; and then the bathings and douches are applied as occasion requires; the particulars of which are fully mentioned in the 4th chapter.

The wonderful cures I saw performed by the use of these waters and baths, will cause me to be as particular as possible, in pointing out every thing that I think may be serviceable to such of my countrymen as may have occasion to make use of them. The number of sick people, with various diseases, who came to these baths in the autumn season, from the middle of August

August to the end of October, were 222 of the better sort; and 450 of poor people; few of whom went away without receiving either cures, or some relief. In the spring season, from the middle of April to the end of May, there were 58 of the better sort; and 191 poor people. There is always a greater resort of people to these baths in the autumn than the spring seasons, as it is generally supposed the heat of the summer months adds to the efficacy of the waters; it may be so, but I believe this change in their virtues is merely imaginary, as experience shews they perform the same cures every month in the year. The bath houses are always open for the accommodation of diseased people. I advise all those that can stay for the seasons to be at the baths early, as they will then have the choice of the best lodging rooms, which to the English will be a matter of much consequence: the prices of the lodging rooms in the bath houses are from 15 to 30 sous per day (7d. halfpenny to 1s. 3d. English money) for which the proprietor

prior finds sheets and towels, a person to clean the room, and make the bed. There are a number of lodging houses in the village, which may be had somewhat cheaper; but the bath houses, I think, preferable on many accounts; particularly that of a well-chosen library, to which the gentlemen and ladies who lodge in the bath houses have free access.

There is a good cook in the bath house, who keeps an ordinary in the common hall, from 45 sous to three livres per head, (2s. to 2s. 6d. English money) or he provides dinners, &c. in the lodging rooms, at what the patients please per head; or they may board themselves, as the town of Cauter is only one league from the baths, has very good markets, and plenty of provisions, and fruits of all sorts in their seasons.

Bathing, with the use of linen, is 30 sous (or 1s. 3d.) each time; those who find their own linen only 20 sous; douching,

ing, with the use of linen 18 sous each time, (9d. English;) without linen 12 sous, (6d. ;) applying the muds, 18 sous each time, (9d. ;) drinking the water, 10 sous each morning, (5d.) The physician is a Monsr. Pouzaire, a civil ingenious man (appointed by the king of France,) his fee is 2s. 6d. each visit; but for a residence of 14 or 16 days, a louis d'or is very handsome; therefore his pay is regulated according to the stay you make. Monsr. Donnat Daffau, the first bath man, is a sensible ingenious man, and understands the application of the baths, douches, muds, &c. perfectly well, as he has been an attendant upwards of 30 years; when the patient leaves the baths a small douceur is expected. The bathman has three daughters who attend the ladies, civil, modest women, who have likewise their douceurs from the ladies at going away.

The proprietor of the baths, Monsieur Vicket, is a gentleman of fortune, (treasurer of the province,) a very worthy, humane
man,

man, and in whom all those who frequent the baths are sure to find a polite friend, and valuable acquaintance ; Madame de Vicket, his lady, is an elegant well-bred woman ; her obliging disposition, and polite behaviour, render her the favourite of all the ladies who frequent the baths ; they live in the city of Montpellier, but often come to the baths as they have a house in the village of Balaruc.

If a trial of these waters should be thought worthy the attention of the English nation, and can be brought to London at so moderate a price, that people in general may have the benefit of them, on the application of any person of character, I will write to the proprietor, and order a quantity to be bottled, and sent, so as to arrive in England before the autumn season.

These waters are conveyed in large quantities to the cities of Paris, Vienna, Berlin, Lyons, and other great cities in Europe ;
they

they are the finest purge in nature, and retain their purgative quality a long time; I think they may be drank in England with advantage, in jaundices; concretions in the gall bladder, and its ducts; gravel in the kidneys and ureters, with the assistance of tepid bathings; depraved stomachs from hard drinking, (1) and in many other cases; in spring time and autumn, where purging may be thought necessary, they have no equal. I think it is well worth trying the experiment whether the warm mineral waters of this country (at Bath in Somersetshire) applied externally in the same manner as at Balaruc, viz. bathing, douching, &c. and drinking the waters of Balaruc at the same time, and in the same manner they are drank at Balaruc, would not produce similar effects, especially in all paralytic cases (2).

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(1) One or two half pints of the water drank warm every morning fasting, is an excellent alterative in debilitated stomachs.

(2) A bottle of the Balaruc waters contains about six pints, is generally drank in the morning fasting, and
 O prepared

The village of Balaruc is situated upon a peninsula in the great lake of sea water called Tau, which is said to be about 30 miles long by about 10 over, is supplied by the Mediterranean sea; and near the upper end of this lake stands the city of Beziers, where the famous royal canal of Languedoc begins; this village is a pleasant residence in the spring and autumn seasons, as the walks and rides about it are most delightful, and the little hill by the side of it called Pioch d'Aix, which is covered over with

prepared in the following manner:—place a bottle of the water upon a wad of hay, in a deep tin or copper pan, which must be filled with cold water, until it reaches the neck of the bottle, then put the pan over a slow fire, and when about scalding hot, take it off, uncork the bottle, drink about three half pints of it, and every ten or fifteen minutes after, take two half pints more, walking about briskly, until it works off by four or five motions, which is sufficient, as it likewise proves a powerful diuretic. The bottle should be replaced into the pan of scalding water, that it may retain a proper degree of heat, during the whole of the operation. The water is generally drank in the above manner, for three mornings successively.

with lavender, thyme, and other aromatic herbs, shrubs, and flowers, commands a prospect of the whole lake, with the adjoining cities, towns, and villages ; which afford the most pleasing prospect imaginable ; the lake abounds with excellent fish, as turbets, soals, the red mullet, &c. &c. and the country with excellent mutton, veal, fowls, and delicious fruits, grapes in particular, the finest and greatest variety in all France ; only three miles across the corner of the lake is the beautiful town and port of Cette, where much trade is carried on, particularly in wines and brandies, which are said to be the best in France ; and where a most worthy English gentleman, a Mr. Burnet, has resided many years as a merchant and banker, by which he has acquired a handsome fortune ; in whom the English are sure to find a friend and polite acquaintance.

I will now point out as well as I can the different routes from England to the said baths ; the rich will find their readiest way through the city of Paris, Dejon, Lyons, Pont

Pont St. Esprit, Pont du Gard, Nîmes, Lunell, Montpellier, and to Balaruc. There are public voitures, or stage coaches, from the city of London to the city of Montpellier; and from thence to Balaruc: when I was at Montpellier I was assured that the stage coach from London to Paris took passengers at 5l. 5s. od. all expences on the road included; from Paris to the city of Lyons at 6l. 6s. od; from the city of Lyons to the city of Montpellier 1l. 11s. 6d.; from Montpellier to Balaruc 5s.; perhaps this is the cheapest and best way of travelling for those who do not abound in riches.

There is another way by sea, through the Bay of Biscay, and landing at the city of Bourdeaux, or parts adjacent; from thence by land, or the royal canal from Toulouse to Narbonne, Beziers, Pezenas, Maze, and Balaruc; through a tract of country, upwards of 300 miles in extent; another way is through the Straits of Gibraltar, along the Spanish coast, and landing at Cette, or Balaruc itself.

Perhaps

Perhaps it may not be improper here to give a few hints to such as travel in their own carriages : the innkeepers in France are in general very imposing people, therefore the only method to deal with them, and to avoid very disagreeable disputes, which are continually happening, is to agree with them at the door of the inn, before you enter with your baggage, for afterwards it will be too late ; they will promise you cheapness, civility, and every thing that is right and honest, until the moment of your departure, but when your bill appears it will astonish you indeed ; and you must pay it ; for seldom, very seldom indeed, can you obtain redress ; and the trouble you find in seeking it is to an English mind more disagreeable than the imposition itself ; however, this may be avoided by a prior agreement ; as you ought to know the expence of your bed, and room, as well as victuals. The best and most reasonable inns we found upon this road are the Hotel de York, Rue Jacob, Fauxbourg St. Germain, in Paris, kept by a Mons. Focau, a very

a very civil man, and speaks English; at Fontainebleau the Grande Cerf; at Dejon le Croix Rouge, on the right hand side as you enter the town; at Lyons le Croix de Malthe, Rue de L'Arsenal, Monf. Morel, the master, both he and his wife are very civil obliging people; the Hotel du Park, is likewise a very good inn; indeed there are several good inns in this city; travellers in general go down the river Rhone, from Lyons to Pont St. Esprit, which is by much the cheapest and most expeditious way of travelling; the masters of the Hotels will inform you of the price you are to give the master of the boat, the method of getting your carriage and baggage on board, and the time of their going off; at night you land, and sleep on shore; at Pont St. Esprit, the Hotel de la Poste, the master Monf. Mitchel; at the city of Nismes, the Hotel de Luxembourg, upon the Esplanade, adjoining the Capuchin Convent, without the city gates, very civil good people; if any of the passengers wish to go as far as the fine city of Avignon, which is not much out of
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the way, the Hotel St. Omar, is one of the best inns in France, kept by Mr. and Madame Allier, civil polite people and reasonable in their charges.

The city of Nîmes is about 30 miles from Montpellier; and the town of Lunell fifteen; if any travellers should stop there the Hotel Royal is the best inn; the Hotel de Cheval Blanc, in the Rue Grande, is the best inn in the city of Montpellier; there are several other very good inns in that city; the Chapeau Rouge, soon after you enter the Port du Nîmes; another called the Petit Paris; but we found very civil treatment, and reasonable bills at the Cheval Blanc; Balaruc is only 20 miles from Montpellier.

As many invalids may be obliged to stay at the city of Montpellier during the winter season, for the convenience of being near the baths, I hope it will not be thought foreign to the purpose to give some account of that city and its environs.

Montpellier

Montpellier is a very noble city (the second in Languedoc) and a very desirable place to spend the winter months at, on many accounts, particularly to those who are fond of the learned sciences, or fashionable amusements, their plays are well performed; and as they have an excellent band of music their concerts are frequent, and the company brilliant; the states of the province assemble here during the three winter months, for which reason the polite inhabitants of the province resort to Montpellier during that period. The situation of this city is delightful, being on a rising hill, of gentle ascent, in the centre of a fine country; the Mediterranean sea about five English miles from it; the mild climate and pureness of the air is become proverbial; and indeed, I think, the situation is quite equal to any in the south of France, except in consumptive complaints, where the cold is too sharp in some of the winter months, and the sea air too near.

The

The city is well built, and chiefly of stone, it abounds with the necessaries as well as the luxuries of life, the markets are fully supplied with all kind of provisions, particularly fish; the inhabitants are polite, civil and obliging to strangers; the rides round every part of the city are charming, and the country most delightful; the two public promenades, or walks, are the most superb in Europe; the one is on the east side, and the other on the west side of the city; that on the east side is called the Esplanade, which consists of fine gravel walks, all of equal length, and said to be a thousand yards long; and near each end there is a beautiful octagon fountain, with jet d'eaus in the centre; the middle walk is 24 yards wide, and each of the side ones are 12 yards wide; a row of flowering chestnut trees are planted along the sides of each walk, about 10 yards distance from each other, and when in bloom they have a most beautiful appearance, and perfume the air with their fragrancý; these walks occupy a large piece of ground, which lies between

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the city wall and citadel, and command a most delightful prospect both by sea and land; the promenade, or walk, on the west side of the city is called the Peyrou, and is likewise large and extensive; it consists of an elevated platform, which forms an oblong square 300 yards long, by an 150 wide, surrounded by a noble balustrade of stone, with seats at proper distances quite round it; there are four grass plats, each 65 yards by 30, surrounded by a neat railing, intersected by large gravel walks; and at the upper end, opposite the range of grand iron gates, is the fountain and great reservoir, which serves the whole city with water; at the head of the reservoir is a most superb temple of a hexagon form, built of the finest white stone, in the middle of which, is a large fountain, surrounded by an iron balustrade, which receives the water immediately from the grand aqueduct; and, by three openings, supplies the great reservoir below; under each opening there are placed artificial rocks, over which the water tumbles, and forms cascades.

cades, which have a pleasing effect from
 the walks ; this temple fronts the great
 walk, and it is elevated 25 feet above the
 reservoir, that the fountain, which is within
 it, may meet and correspond with the
 grand aqueduct, whose waters it receives
 on the west side ; a grand flight of stone
 steps are on each side this temple, which
 form the section of a circle, by which the
 ascent is made to it ; the temple is com-
 posed of different orders of architecture, and
 highly enriched with various ornaments of
 the marine kind ; particularly over two of
 the arches, where there are nets full of
 different kinds of fish, executed in the
 highest taste ; from this upper platform of
 grand walks there are four flights of stone
 steps, which descend 30 feet to a platform
 below, where there are other walks, with
 rows of the shadiest trees, which are much
 frequented in the summer season ; and two
 groves of trees at the head of each walk,
 with octagon fountains in each, and jet
 d'eaus in their centre ; these play continual-
 ly ; there are coffee-houses, with coffee,
 teas,

teas, lemonade, and every kind of refreshment, on each side of these walks, which are elevated 20 feet above the level of the common ground; these walks are continued round three sides of the grand platform above, so that in summer and winter the inhabitants can walk in and about the Peyrou, sheltered from sun and wind, as there are walks to every aspect. The aqueduct, for a mile before it arrives at the temple, is supported on a double row or tire of arches, which are of great height, in some places 80 feet; and of elegant structure; the number of the large ones are 54; and the smaller, upon which the aqueduct rests, are 184; the whole have a fine effect from the walks of the Peyrou; as well as that side of the city and country; and for its symmetry, &c. &c. would do honour to the Augustian age. From the walks on the first platform there is one of the most extensive delightful and striking prospects in Europe, both by land and sea, from the Alpine Mountains in Piedmont, to the Mountains in Spain; travellers on their first

first entrance are struck with amazement at the grandeur of the coup d'œil; in the centre of this platform there is a handsome pediment of marble sixteen feet high, (surrounded by an iron balustrade) upon which stands an elegant equestrian statue in bronze (larger than life) of Lewis XIV, by one of the first masters of that time; on the left hand, soon after you enter the iron gates, there are (in a friendly pleasing attitude, as tho' conversing) two statues, placed over the stone balustrade, of those great generals, the Prince of Condi, and Prince Eugene, they seem to have been done in plaister of Paris, or some similar cement, but time has injured them much, which makes every beholder wish they had been made of more lasting materials.

The city gate, which fronts to these walks, is called the Port de Peyrou, and was built as a triumphal arch in honour of Lewis XIV, upon the finishing of the Royal Canal of Languedoc which joins the Mediterranean Sea and great Atlantic Ocean;
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it is a noble arch, and the compartments and allegories are finely executed in alto relievo, the whole time I was at Montpellier scarce a day passed without my taking a walk upon some part of this Peyrou, and to the last my surprise and pleasure were equal; it is altogether one of the finest things in Europe; and is said to have cost upwards of two millions sterling. There are a great many branches of different kinds of manufactures carried on in this city; but it is particularly famous for that of verdigrise, with which it supplies almost all Europe. There is a good botanic garden belonging to an old royal palace, which is called the King's Gardens, it is full of pleasant shady walks, and is open for the benefit of the inhabitants all the spring and summer months; and over the arch in the porch at the entrance, is this significant Latin motto, *hic Argus esto, non Briareus.*

The university is famed for learning, and esteemed the first on the Continent of Europe; here the theory of physic is regularly

gularly and methodically taught; most of the eminent physicians of France received their education here; our great Sydenham studied three years at Montpellier; and, I believe, Dr. Mead as long; the different lectures in the arts and sciences are regularly and daily taught, by the various professors. The different lectures are in

Physic,	Chymistry,	Theology,
Anatomy,	Botany,	Mathematics,
Surgery,	Nat. Philosophy,	and
Midwifery,	Exp. Philosophy,	Law.

The professors have very handsome salaries allowed them by the states of the province; on which account the lectures in the different branches are free, and open to all who chuse to attend them; the apparatus in chymistry, natural, and experimental philosophy, is extensive and valuable.

Dissections in anatomy are daily performed from Michaelmas, to Lady-day; and fresh bodies are sent every week from some of the hospitals in the city; which method I should be glad to hear was adopted in
my

my own country, instead of robbing the graves in the church-yards, in the scandalous manner it has been for many years practised, and I fear is still continued. There are two theatres for dissections in anatomy, one in the university, and the other near the upper end of the Rue Grand, a very noble commodious building; there were upwards of 600 students in the different classes in the winter 1784, from various parts of Europe.

Among the numerous professors in physic, I must own a partiality to Dr. Vigarous, who lives on the place à la Canourgue; and Dr. Tandon, who lives in Rue à l'Aiguillerie; Monsr. Boitel, master apothecary, and chymist who lives in the same street, has (I think) the best medicines and drugs in the city, and at the most reasonable prices. Monsr. Pouington, one of the public professors in anatomy and surgery, is a skilful and able practitioner, he lives à la Place du Palais; and Monsr. Verney, another professor in anatomy and surgery,

urgery, is likewise a skilful practitioner: these gentlemen I would recommend to such of my countrymen as may stand in need of their assistance.

There are a great number of lodging houses, and apartments, ready furnished, (some very elegant) to be hired in the city; and likewise just without the walls; but are, in general, rather dear, viz. from five guineas up to twenty-five per month, for families; single gentlemen, with one servant, cheaper in proportion; they will ask you much more than they will take; you must (by the assistance of some friend in the city,) bargain as well as you can; we had very elegant apartments upon the Place de Canoul, a lofty airy situation, in a very good part of the city, and near the Peyrou walks; they consisted of a handsome large dining room, two bed chambers, with dressing rooms adjoining; two servants rooms; with a kitchen, and a room for firing and lumber; at six guineas per month; it was at one Mons.

Chovet's, doctor in medicine; both him and Madame Chovet are polite and civil; their house I would recommend for the good treatment we received. It may not be unnecessary to observe here, that at the time of the assembling of the states of the province, lodgings, and houses, are much dearer than at any other time of the year.

During our residence at Montpellier, I became acquainted with a Mr. Pomiev, the protestant minister, in whom I found a valuable friend. This learned ingenious gentleman, is an able botanist, and well versed in physic: as a preacher of the gospel he has few equals; and in private life his virtues are not excelled by the most rigid moralist. The protestants are not suffered to meet in any house or building in this city, or its vicinity; however, Mr. Pomiev preaches, &c. every Sunday to a polite congregation, who assemble to the amount of many hundreds, under tents pitched in the fields, at the distance of a mile

mile from the city-gates. The protestants in Provence, and Languedoc, are become very numerous ; their clergy in general men of learning, and exemplary in their lives and morals.

A Mr. Birbeck, the English consul, at the city of Nice, was the gentleman from whom I received my first information of the baths of Balaruc ; he related to me the benefit he had received from them twenty years ago ; Mr. Birbeck, then lived at the city of Marseilles, and was suddenly attacked with a palsy which took away the use of his left side totally, with the loss of speech ; he was advised by some of his neighbours to go directly to the baths of Balaruc, which he did ; staid there nine days ; drank the waters, bathed, took the douches ; and returned home to Marseilles quite cured. The next year, in the same month, he was deprived of the use of his right side, and speech, by a palsy as before ; he had recourse again to the baths of Balaruc ; and in fourteen days returned to his house perfectly

fectly well; and hath continued so ever since, without any return. Mr. Wollaston's countenance, with other symptoms, proclaiming a diseased liver, Mr. Birbeck requested me to take him to Balaruc, as soon as he was able to undertake the journey; as he had seen the most obstinate jaundices cured by those baths and waters.

C A S E I.

MR. Wollaston's illness was the cause of our going to these baths full six weeks before the autumn season began; we arrived in the beginning of the month of July; his case was concretions in the gall, bladder, and its ducts; he began drinking the waters at the source; the first three days from ten to fourteen glasses each morning early, which passed copiously by stools and urine;

urine; he went into the bath, made temperate, every other morning, for six times; and in sixteen days found himself quite cured of his complaints; we remained here to the end of September; all which time he drank three or four glasses of the water every morning, at the source; and went into the temperate bath once a week; on leaving this place we went to Montpellier, and there wintered; Mr. Wollaston continued quite free from any of his former feelings or complaints the whole winter; and in the beginning of the next May, we returned again to Balaruc; where we stayed sixteen days; Mr. Wollaston drank the waters, and bathed as before, and then left the baths, and remains quite well.

C A S E II.

MR. Carpentier, of the village of Cullieur, about 45 years of age, his disease, a vertigo or swimming in the head, attended with violent pains; he drank the
waters

waters three days, had ten douches on the head, one bath, stayed nine days, and went away quite well.

C A S E III.

MR. Vallet, near the town of Pezenas, about 65 years of age, had a universal palsy, with a trembling of all his limbs; he drank the waters four days, took five baths and douches; stayed seven days; found great relief; and went away much better: he returned again the next May, and went away at the end of nine days, cured.

C A S E IV.

MR. Comcal, of Cavenmaisdagen, and his wife, he about 36 years of age, his wife about 30, each of them afflicted with violent rheumatisms; they both drank the waters, had four baths each, stayed nine days, and went away well.

C A S E V.

C A S E V.

MR. Duren, of Cavenmafdagen, about 48 years of age, had a violent head-ach, with inflammation in his eyes, drank the waters three days, had six douches on the head, staid nine days, and went away well.

C A S E VI.

MR. Chalan, of Chateau Saraxe, about 64 years of age, and corpulent, had a palsy of one side, with contortions of the mouth, and loss of speech; he drank the waters as usual, was bathed and douch-
ed for seven days, staid ten days, and went away well.

C A S E VII.

C A S E VII.

MR. Escafour, of Lafaur, about 60 years of age, a large corpulent man, had a compleat palsy on one side, with loss of speech; he drank the waters three days, had six baths, stayed thirteen days, recovered his speech, and went away well.

C A S E VIII.

MR. Faure, minister, of Lugen, 83 years of age, a little fat man, had a palsy in both eyes, and tongue, which rendered him blind and dumb; he drank the waters the three first days; had six douches on the head, and neck; stayed thirteen days; and went away well; he could see perfectly, and converse freely.

C A S E IX.

C A S E IX.

MR. Tourneforde, de la Franche Compté, 46 years of age, a large fat man, with a palsy of one side; he drank the waters three days; had six baths; and the muds applied to the diseased foot and ankle three times, (being very much swelled, and in great pain) stayed fifteen days; went away much better; but not cured; and purposes returning again the next season.

C A S E X:

MR. Degrange, of Bourdeaux, aged 57 years, had an obstinate quartan ague, with a violent rheumatism; he drank the waters six days; had two baths, and six douches; stayed seventeen days, and went away quite well.

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C A S E XI.

C A S E XI.

MADemoiselle Reine, 30 years of age, of Marfeilles, near Pezenas, was subject to head-achs from a child, but the pain became so violent that for the last year there was no intermission; she drank the waters three days; had her head douch-ed three times; stayed nine days; and went away well.

C A S E XII.

THE bishop of Twa Chattan Saint Paul, aged 84; with a hemiplegia, (a compleat palsy of one side) he drank the waters three days; had three baths; stayed ten days; and went away quite well.

C A S E XIII.

MRS. Morell, of Valley Brig, aged 68; had a palsy of one side; she drank the waters four days; had three baths; stayed eight days; and went away well.

C A S E XIV.

C A S E XIV.

MONS. Le Count de Marfelac, de Villa Franc de Rouge, 50 years of age; had a palsy of both hands and arms, which rendered them useless; he drank the waters four days; had five baths; with as many douches; stayed fifteen days; and went away perfectly cured.

C A S E XV.

MONS. Le Chevalier de Blackhire, aged 42, with a palsy of one side, he drank the waters three days; had six baths; stayed nine days; and went away quite well.

C A S E XVI.

MR. Sanfille, of Blackhire, aged 21, had a violent rheumatism, with the loss of the use of all his limbs; he drank the
waters

waters three days ; had six baths, and douches ; stayed fourteen days ; and went away quite well.

C A S E XVII.

MISS Rousse, of Beaufort, aged 24, complained of a violent head-ach, with inflammation in her eyes ; she drank the waters three days ; had five douches on the head ; stayed eight days ; and went away well.

C A S E XVIII.

MR. Villeret, of Cevenne, aged 55, had an obstinate sciatica, and likewise a violent head-ach ; he drank the waters at intervals ; had six baths ; and as many douches ; stayed fourteen days ; and went away cured of all his complaints.

C A S E XIX.

C A S E XIX.

MR. Fabre, of St. Andre, 38 years of age, had a violent head-ach; he drank the waters three days; had five douches on the head; stayed eight days; and went away well.

C A S E XX.

MR. Vallet, of Pond de Roe, aged 45 years, complained of a violent head-ach, he drank the waters three days, had ten douches on the head, stayed twelve days, and went away cured.

C A S E XXI.

MR. Bennet, of Simyac, aged 52 years, had a violent pain in one of his arms, which deprived him of the use of it for some time; he drank the waters three days; had two baths; six douches; stayed ten days; and went away cured.

C A S E XXII.

C A S E XXII.

MR. Dony, of the same place, aged 55. had a palsy of all one side; he drank the waters three days; took six baths; stayed nine days; got much better, but not cured; was to return next season, and did not doubt of being cured.

C A S E XXIII.

MR. Bertrang, of Perpignon, aged 48 years; had a palsy of all one side; he drank the waters four days; took six baths, and as many douches; had four general douches; stayed twenty days; went away very little better; but in three months found himself considerably relieved; he returned the next spring season; drank the waters; bathed and douched as before; and obtained a perfect cure.

C A S E XXIV.

C A S E XXIV.

MISS Gayard, of Neufore, near Pezenas, 49 years of age, had a palsy of all one side; she drank the waters three days; had four baths; received six douches on the head; stayed ten days; and went away quite well.

C A S E XXV.

MR. Eron, of Solanure, 58 years of age, had a palsy of one side; he drank the waters four days; had six baths, and four douches; stayed ten days; and went away cured.

C A S E XXVI.

MR. Le Blong, of Sall, aged 53 years, had a palsy of one side, with loss of speech; he drank the waters three days; had

had four baths ; eight douches on the head ; neck, and lame arm ; stayed fifteen days ; and went away cured.

C A S E XXVII.

MADAME Geronet, of Bassan, 47 years of age, had a violent rheumatism ; she drank the waters three days ; had six baths, and four douches ; stayed twelve days ; and went away cured.

C A S E XXVIII.

MADAME Bedhouse, of Perpignon, 42 years of age ; complained of a violent head-ach ; she drank the waters three days ; had three douches on the head ; stayed six days ; and went away cured.

C A S E XXIX.

C A S E XXIX.

MR. Grose, of Perpignan, 37 years of age; had a violent head-ach; he drank the waters three days; had four douches on the head; staid five days; and went away cured.

C A S E XXX.

MR. Blange, of St. Perite, 49 years of age; had a palsy of all one side; he drank the waters three days; had four baths, and as many douches on the head and neck; staid seven days; and went away well.

C A S E XXXI.

MR. Giffard, of Avignon, 54 years of age; had a palsy of all one side; he drank the waters three days; had six baths; staid nine days; and went away well.

S C A S E XXXII.

C A S E XXXII.

MR. Abbey Cout, of Montpellier, 53 years of age; had a palsy with a trembling of the hands, arms, and under jaw, attended with loss of speech; he drank the waters three days; had two baths; three douches on the head, neck, and face; stayed twelve days; and went away cured.

C A S E XXXIII.

MADAME Marquise, de Mont Tournon, aged 45; had violent pains in her back after a miscarriage, which hitherto baffled every remedy; she drank the waters; had eight baths; six douches on the affected part; stayed twelve days; and went away quite well.

C A S E XXXIV.

C A S E XXXIV.

M^R. Blackhire, of Orange, aged 26; had a white swelling on the knee; he drank the waters four days; had sixteen douches on the part affected, at the source; the same number of the muds were applied, with the hot water sprinkled upon it every ten minutes; he stayed twenty days; the swelling quite disappeared; the joint, however, remained stiff; but the bath man assured me that the patient would receive a perfect cure the next season.

C A S E XXXV.

M^{ISS} Didier, of Lunell, 38 years of age, was troubled with a violent inveterate head-ach, she drank the waters three days, had six douches on the head; stayed eight days; and was cured.

C A S E XXXVI.

C A S E XXXVI.

MR. Abbey Dion, of Pezenas, aged 52; had a palsy in his tongue, with a total loss of speech; he drank the waters three days; had eight douches on the head, neck, and throat; stayed nine days; and went away cured.

C A S E XXXVII.

A Little boy, only four years old, had a compleat hemiplegia, (a palsy of one side) he had three baths; four douches on the head and neck; stayed six days; and went away quite well.

C A S E XXXVIII.

MADAME Viverès, of Boufèt, 68 years of age; was quite deaf for ten years; she drank the waters three days; had eight douches on the head; stayed twelve days; and went away quite well.

C A S E XXXIX.

C A S E XXXIX.

MADAME Margattan, of the city of Nismes, 43 years of age, had a relaxation of the right eyelid, which falling down, kept the eye continually shut; she drank the waters three days; had twelve douches on the head and diseased eye; stayed a fortnight; and went away well.

C A S E XL.

MR. Arfille, of Aix, aged 56; had a palsy of one side, with loss of speech; he drank the waters five days; had three baths; and six douches on the head, neck, and under jaw; stayed twelve days; and went away well.

C A S E XLI.

MR. Carries, commissary of the marines at Cette, 45 years of age; had a white swelling on the knee, with a stiff joint;

joint; he drank the waters; was bathed; douched; and had the muds applied for five seasons; he found considerable benefit each season; and the last spring went away perfectly cured.

C A S E XLII.

MADEMOISELLE Zely, of Lima, near the city of Beziers, 22 years of age, had a palsy in the tongue, and right eye; she drank the waters; had ten douches on the head and neck; stayed twelve days; and went away well.

C A S E XLIII.

THE Rev. Father Bruffac, professor of theology, at Toulouse, brought his nephew to the baths, a very handsome youth, about 14 years of age, totally blind of both eyes, with a relaxation of the left eyelid, which kept it always shut; this misfortune

fortune happened whilst he was pursuing his studies, came on by degrees, and was about a year before it totally deprived him of sight ; he drank the waters ; was bathed, and douched at proper intervals ; and in six weeks time went away perfectly cured.

C A S E XLIV.

MONS. Le Count de Reisteine, marshal of the camps, commander, and inspector of artillery, 50 years of age, fell from the upper story of a building into the cellar, was most violently bruised, and one foot and ankle greatly swelled ; the common applications and method of cure were tried, but to very little effect ; some months after being removed to Balaruc, he drank the waters, used the baths, douches, and muds ; and went away quite well in fourteen days.

During the time I resided at Balaruc, I had the pleasure of seeing Madame la Countess d'Acville, who came here about
seven

seven years since, afflicted with an hemiplegia (or palsy of one side) and loss of speech; she stayed only a few days; received great relief from the waters; and went to winter at Montpellier; where she had another attack; returned to Balaruc in the spring; drank the waters; was bathed, and douched; and received a perfect cure. She returns every season to drink the waters; and to shew her gratitude, has enlarged the hospital appropriated to the poor, at the expence of 6,000 livres, which now makes it a very extensive and useful building.

SINCE my arrival in England, I have received the following letters from Mr. Wyvill, an English gentleman, who for upwards of ten years past, has been grievously afflicted with an hemiplegia. He arrived at Montpellier a few days before us, from whence we went together to Balaruc.

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The two ladies he mentions in his letters, are English women; the one was afflicted with an obstinate, constant nervous head-ach; the other was of a pale complexion, and sickly constitution, from a defect of the Catamenia. I have ventured to insert these letters in order to corroborate what hath already been advanced, respecting the virtues of the waters of Balaruc, and to prove that I am not singular in my ideas; the testimony of Mr. Wyvill, who has been long and severely afflicted, will doubtless have a proper weight with the public.

Montpellier, Sept. 29, 1784.

DEAR SIR,

A Mr. G——s who passes thro' here in his way to Italy, has given me three letters to transmit to you, and as my son returns to England to re-join his regiment in a few days, I seize this opportunity to send

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them;

them ; and at the same time beg leave to
 make you my most grateful acknowledgments
 for the friendly advice you were so kind as
 to give me, among others of my country-
 men ; I am now happy to tell you, that
 Balaruc baths, with the fine climate of Mont-
 pellier, have so relieved me, and I am now
 in such health and spirits, that were you to
 see me, you would not know that ought
 ailed me ; and I now have not the least
 doubt, but by persevering in the use of the
 waters, I shall be again entirely restored to
 the use of my limbs ; I intended returning
 to the baths the 24th instant, but they have
 so full a season, there is not a place in the
 bath house, or in the village, to put your
 head in ; so that I am obliged to wait till
 one is vacant ; Madame de Vichet (the lady
 of the proprietor of the baths) has wrote to
 the housekeeper to reserve for me the first
 room that becomes vacant ; the ladies from
 Vigan (a town in the Cevennes Mountains
 occupied as a summer retreat) Mrs. H——
 and Miss C—— have received the greatest
 benefit from your advice, and the use of the
 baths ;

baths ; and are going to Cette, (within three miles of the baths) where they will stay till they can get lodgings at Balaruc. I hear your old patient Mr. H——e is travelling all over Italy in high health and spirits ; I wish he does not repent his not staying here another winter, according to your advice ; I shall be very sorry if any thing amiss happens to him ; but I hope he will continue well ; I think him a most accomplished, amiable young man, and an honour to his country.

That worthy young man Mr. C——s another of your patients, is, I hear, very well at Lyons, where he spent the summer months. All your acquaintances here, are constantly enquiring after you ; and if wishes could bring you back to Montpellier, you would most certainly spend this next winter with us, and, perhaps, more agreeably than the last ; as we are all in so much better health and spirits : you see, sir, I am able to write you this long letter, but you must excuse all blunders, as I am now
only

only learning to write again. I beg my most respectful compliments to Mrs. P—, Mrs. W—, and I entreat you likewise to Mr. W—, who I hope, most sincerely, continues as well as when he left the baths of Balaruc. Do me the honour to believe me, with the greatest esteem and gratitude,

Dear Sir,

Your most obliged

And most grateful humble servant,

G. WYVILL.

P. S. I hope you will not fail to make these wonderful baths known in our own country, according to your promise to us all.

Montpellier,

Montpellier, Jan. 17, 1785.

DEAR SIR,

IT was with the greatest pleasure I received yesterday your very kind answer to my last letter; God be praised, my dear friend, I am infinitely better than when I wrote to you last; and have gained such additional strength by the autumnal season at Balaruc, that I can now tell you, I am able to walk up and down the Esplanade, without any other help than that of my cane; or being in the least fatigued; and have such faith in the baths of Balaruc, that I have no doubt but persevering another season or two at most, (this spring and autumn,) I shall find a perfect cure. All your friends here wait with great impatience for your publication; it will be an act of the greatest humanity, and worthy the tender feelings, and kind disposition of my friend Dr. Pugh, I hope some of your books will soon make their appearance in
Languedoc;

Languedoc; I think you should have some translated into French, for your French friends at Montpellier; they are in great hopes that you will send a few copies to them. I am sorry to tell you, we have had here, as severe cold weather, for fifteen or twenty days, as you could have had in England, (though I know you will hardly believe it;) but God be praised it has not at all disagreed with me; nay I think I find myself strengthened by the cold pure air of the delightful walks of the Peyrou; for I use all the exercise I can; my countrymen (for we have had a great many of them here this winter) exclaim much against the cold; and many of them have quitted this place in a pet, and are gone to Nice; where they expect to meet with a warmer air, but they may be mistaken; for climates seem to be altered every where. The duke of B——d is amongst those who have left us, and duchess of A——r, &c. Mrs. H——w and Miss C——n spend their winter at Cette, to be near Balaruc, where they mean to go again next May,

May, and stay for a fortnight, and then return to England.

Your friend and worthy patient Mr. C——s, stayed too long at Lyons; he arrived here little more than two months ago, indeed, he was a most deplorable object on his return; and would have made your heart ach for him; but this air, tho' it has been so severely cold, agrees with him, for he is vastly changed for the better, as appears from his countenance; he desires his compliments to you, and will write soon. Monf. Pomiev, and all your Montpellier friends, send kindest compliments to you, Mrs. P——, Mr. and Mrs. W——, permit me to join mine with them; and believe me,

Kind Sir,

Your most obliged friend,

and obedient humble servant,

GEO. WYVILL.

F I N I S.

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